

Pregnant Women and Smoking

Tobacco use is a leading preventable cause of death in the United States and Indiana, costing Hoosiers 11,100 lives each year.¹ Smoking impacts even the youngest Hoosiers, as smoking during pregnancy can harm the health of both mothers and their children.

Smoking During Pregnancy in Indiana and the United States

- In 2018, 11.5% of pregnant women in Indiana smoked during pregnancy.²
- Indiana's smoking during pregnancy rate has declined significantly from 18.5% in 2007.³
- Despite these declines, Indiana has consistently had a high smoking during pregnancy rate compared with the United States overall.
- Indiana's smoking during pregnancy rate is almost double the U.S. smoking during pregnancy rate (6.5%*).*⁴

Health Risks of Smoking during Pregnancy⁵

Smoking during pregnancy increases the risk of:

- Low birth weight
- Miscarriage
- Premature birth
- Problems with the placenta
- Ectopic pregnancy
- Sudden Infant Death Syndrome (SIDS)

Risks of Secondhand Smoke Exposure During and After Pregnancy

Exposure to secondhand smoke is harmful to both mothers and their babies. Babies whose mothers are exposed to secondhand smoke while pregnant are more likely to have lower birth weight, and exposure to secondhand smoke in infancy increases the risk of SIDS.⁶

Benefits of Quitting Smoking

- Pregnant smokers should know that it's never too late to quit smoking.
- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for herself and her baby.
- The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. Women who quit also have more energy and breathe more easily.⁶
- Quitting smoking before or during pregnancy reduces the risk of many poor health outcomes such as premature birth and low birth weight.^{5,6}
- Staying quit reduces women's risk of diseases such as heart and lung disease, stroke, and cancer.⁶

Indiana Tobacco Quitline Services for Pregnant Women

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation treatment to help smokers quit and stay quit. Pregnant smokers who call the Quitline receive even greater level of behavioral support – 10 calls instead of four. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse.

Quick Facts:

In 2018, **11.5%** of pregnant women in Indiana smoked during pregnancy.²

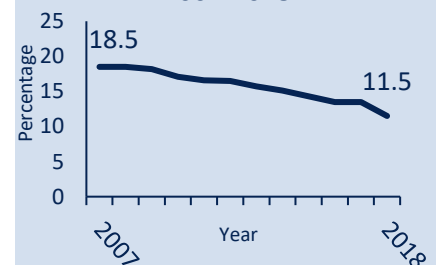
Indiana's smoking during pregnancy rate is almost double the national smoking during pregnancy rate (6.5%).⁴

There were over **9,300 babies** born to Hoosier mothers who smoked during pregnancy in 2018.²

Smoking during pregnancy cost Hoosiers an estimated **\$12.7 million** in 2018.^{2,7**}

Indiana's smoking during pregnancy rate has declined significantly from 18.5% in 2007 to 11.5% in 2018.^{2,3}

Percentage of live births to Indiana mothers who smoked during pregnancy, 2007-2018



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Percentage of live births to mothers who smoked during pregnancy, Indiana Counties, 2018²

| County | % | County | % | County | % | County | % |
|-------------|----------|------------|----------|------------|----------|-------------|----------|
| Adams | 5.7 (L) | Franklin | 19.9 (H) | Lawrence | 25.0 (H) | Rush | 19.4 |
| Allen | 7.3 (L) | Fulton | 18.4 | Madison | 16.7 (H) | Scott | 21.8 (H) |
| Bartholomew | 13.4 | Gibson | 11.6 | Marion | 9.2 (L) | Shelby | 17.3 (H) |
| Benton | 23.1 (H) | Grant | 30.4 (H) | Marshall | 9.9 | Spencer | 14.8 |
| Blackford | 24.1 (H) | Greene | 22.9 (H) | Martin | 18.2 | St. Joseph | 8.8 (L) |
| Boone | 6.4 (L) | Hamilton | 1.9 (L) | Miami | 20.4 (H) | Starke | 17.1 |
| Brown | 17.1 | Hancock | 7.1 (L) | Monroe | 13.0 | Steuben | 16.3 |
| Carroll | 13.8 | Harrison | 11.8 | Montgomery | 17.6 (H) | Sullivan | 18.9 |
| Cass | 16.6 | Hendricks | 6.1 (L) | Morgan | 18.2 (H) | Switzerland | 27.3 (H) |
| Clark | 11.4 | Henry | 13.5 | Newton | 15.5 | Tippecanoe | 8.1 (L) |
| Clay | 21.0 (H) | Howard | 21.0 (H) | Noble | 9.1 | Tipton | 12.1 (U) |
| Clinton | 15.3 | Huntington | 16.0 | Ohio | 17.5 (U) | Union | 14.5 (U) |
| Crawford | 18.3 | Jackson | 18.7 (H) | Orange | 24.5 (H) | Vanderburgh | 13.8 |
| Daviess | 9.8 | Jasper | 12.2 | Owen | 22.4 (H) | Vermillion | 24.7 (H) |
| Dearborn | 18.0 (H) | Jay | 13.4 | Parke | 13.3 | Vigo | 17.8 (H) |
| Decatur | 17.7 (H) | Jefferson | 26.1 (H) | Perry | 15.6 | Wabash | 17.0 |
| DeKalb | 15.8 | Jennings | 24.0 (H) | Pike | 17.8 | Warren | 13.3 (U) |
| Delaware | 19.7 (H) | Johnson | 10.9 | Porter | 8.5 (L) | Warrick | 9.1 |
| Dubois | 10.3 | Knox | 18.9 (H) | Posey | 14.2 | Washington | 12.9 |
| Elkhart | 9.4 (L) | Kosciusko | 11.2 | Pulaski | 20.2 | Wayne | 12.9 |
| Fayette | 22.8 (H) | LaGrange | 5.6 (L) | Putnam | 15.7 | Wells | 13.1 |
| Floyd | 9.0 | Lake | 6.5 (L) | Randolph | 17.8 | White | 16.0 |
| Fountain | 19.3 (L) | LaPorte | 19.9 (H) | Ripley | 16.2 | Whitley | 13.3 |

H=Significantly higher than the statewide rate, L=Significantly lower than the statewide rate, U=Unstable rate

The percentage of Indiana mothers who smoked during pregnancy has historically been considerably higher than the national average.⁴ Smoking during pregnancy rates in several Indiana counties, however, exceed statewide and national rates.

- In 2018, county rates ranged from 1.9% (Hamilton County) to 30.4% (Grant County).
- Of Indiana's 92 counties, 28 had a smoking during pregnancy rate significantly higher than the statewide rate.

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*The national smoking during pregnancy rate in 2018 is based on data from 48 states and the District of Columbia.

**The estimated cost of smoking during pregnancy is calculated by multiplying the number of births to women who smoked during pregnancy (9,360) by the excess cost during an infant's first year of life attributable to maternal smoking per smoking-affected birth (\$1,358) as reported by Miller et al. (2001).

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Tobacco Prevention and Cessation Commission

www.in.gov/isdh/tpc ~ 317.234.1787

www.QuitNowIndiana.com ~ www.indianaquitline.net



1-800-QUIT NOW
Indiana's Tobacco Quitline